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# Ottawa metro



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**WESTWOOD metroVIEWS**

Your essential daily news | **TUESDAY, APRIL 5, 2016**

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## YOUR HOSPITAL PARKING PROBLEMS MAY BE OVER

**metroNEWS**

## Ottawa could adopt ranked ballot system

### MUNICIPAL ELECTIONS

### Province gives cities option instead of first-past-the-post



**Emma  
Jackson**  
Metro | Ottawa

Could Ottawa move past the post in 2018?

The province said Monday it will give cities the option of using a ranked ballot system instead of first-past-the-post in the next municipal election.

The new system lets voters rank their top candidates in order of preference. If no one wins 50 per cent of the vote, the last-place candidate is eliminated and their second-place votes are transferred to remaining candidates. This continues until someone has a majority.

It's supposed to let residents vote with their hearts, according to lobby group Ottawa123. It's also supposed to make campaigns more civilized, since politicians will have to appeal more broadly.

So will Ottawa make the change?

The idea has some backing around the council table.

Kanata North Coun. Marianne Wilkinson said she would try it for one election before making it permanent.

"You won't know whether you like it until you try it," she said.

Rideau-Rockcliffe Coun. Tobi Nussbaum campaigned on electoral reform, including a ranked ballot system.

He supported Wilkinson, but questioned whether Ottawa can pull it together

in time for 2018, given the need for extra training, new equipment and processes.

"It is critical we take the time to do it right to make sure we can defend the integrity of whatever electoral system we have," Nussbaum said.

That should include public consultations and council debates, he added.

Capital Coun. David Chernushenko could be the catalyst to make it happen. In 2014 he said he would bring a motion to council once the province makes it an option. He couldn't be reached for comment Monday.

Vote splitting is especially an issue in municipal politics, where party politics

don't play a major role. In the 2014 election, two wards fielded 11 candidates each, and several others had nine or 10.

In River ward, Riley Brockington eked out a minority against nine others, ultimately taking 36.4 per cent of the vote.

Even Wilkinson saw her ward split three ways, leaving her with

46.2 per cent.


Grove-White said the new system could also encourage higher voter turnout.

"I think when you give people choice, they like it," Grove-White said.

**More coverage, metroNEWS**

**21.1%**

In Osgoode ward, 11 candidates fought to replace the retiring Doug Thompson. George Darouze eventually secured 21.1 per cent of the vote — the smallest victory margin in the city.



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## MONEY NEXT STEP TOWARDS HAVING WOMAN ON NOTE

Governor of the Bank of Canada Stephen Poloz meets Grade 2 student Andrin Lewis, 7, at Roberta Bondar Public School, with students from Ecole elementaire publique Gabrielle-Roy in Ottawa on Monday. The Governor was there to announce the members of the 2018 bank note advisory council who will develop a short list of Canadian women who could be featured on the first bank note of the next series. The council members include youth activist Michael Redhead Champagne, sociology professor Francine Descarries, of Universite du Quebec a Montreal; and Perdita Felicien, world champion hurdler.

SEAN KILPATRICK/THE CANADIAN PRESS



## ALLEGED HIT-AND-RUN

# Driver turns self in to police



**Luke Simcoe**  
Metro | Toronto

A 25-year-old Ottawa man has been charged in a hit-and-run death in Toronto.

Saeed Maravvej Torbati turned himself in to police on Monday — four days after the crash that killed a 56-year-old woman.

Police released a picture of Torbati late Sunday and a description of the black Mercedes Benz involved in the crash. He's been charged with failure to stop at the scene of a fatal accident, punishable by up to six months in jail and a \$2,000 fine.

A friend of Torbati's told Metro he was shocked at the charges.

"It's not something I would have expected from him," said Bhanu Vadhera.

According to his LinkedIn page, Torbati is founder of Ontario Stars, a company that sells "eco-friendly" home products.

Torbati immigrated to Canada about five years ago and has since brought his mother and sister to the country, Vadhera said.

Vadhera believes his friend must have been "startled" by the alleged accident and "took the time to process" what happened before turning himself in.

"I just feel awful," he said. "Especially for the woman's family. She was the victim here."



**Saeed Moravvej Torbati**  
TORONTO POLICE SERVICE

# Understanding drug sites

## METRO EXPLAINS

# Sandy Hill to vote on plan for supervised facility



**Emma Jackson**  
Metro | Ottawa

The Sandy Hill Community Health Centre is preparing to apply for a supervised injection site at its Nelson Street location downtown. So what does that mean?

**First of all, what is it?**  
Supervised injection sites pro-

vide injection drug users a clean, supervised place to shoot up, reducing risk of overdose and disease, according to Rob Boyd, who runs the centre's harm reduction program. Clients bring their own drugs to the site, where a nurse monitors for signs of overdose, delivers first aid and offers education about supervised injection. Since the drugs are illegal, such a facility requires a federal exemption. There are only two in Canada so far, both in Vancouver.

## How many people would use it?

Boyd said about 700 different clients used the centre's needle-exchange program last year, and he expects a "modest boost" of 10 to 20 per cent if the site is

approved.

## Is this really necessary?

Between 40 and 50 people die of a drug overdose in Ottawa every year, Boyd said, and hundreds of others experience non-fatal overdoses. He said supervised injection is emergency care that can connect clients with other services to keep them safe and even help them quit.

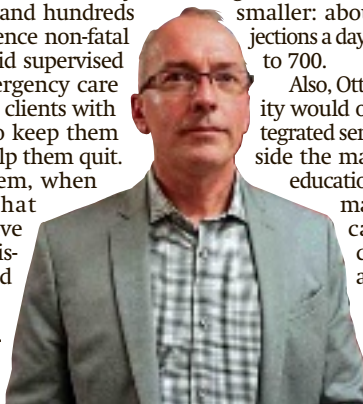
"We want them, when they get (to that point), to be alive and also to be disease free," Boyd said.

**I've heard of Insite in Vancouver. Is this**

## the same?

The Ottawa site would differ from Insite in a couple of ways. Most importantly for nervous neighbours, it would be smaller: about 125 injections a day compared to 700.

Also, Ottawa's facility would offer an integrated service alongside the many detox, education, and primary health care services already available.



**Rob Boyd**  
EMMA JACKSON/  
METRO

## What's next?

The health centre's board of directors will vote on the plan in June, and then they'll send it to political and medical stakeholders for feedback before applying to Health Canada next fall. The centre needs letters from the mayor and police chief, who are both opposed, but Boyd said the federal health minister ultimately decides. The earliest it might open is spring 2017, he said.

## How can the community participate?

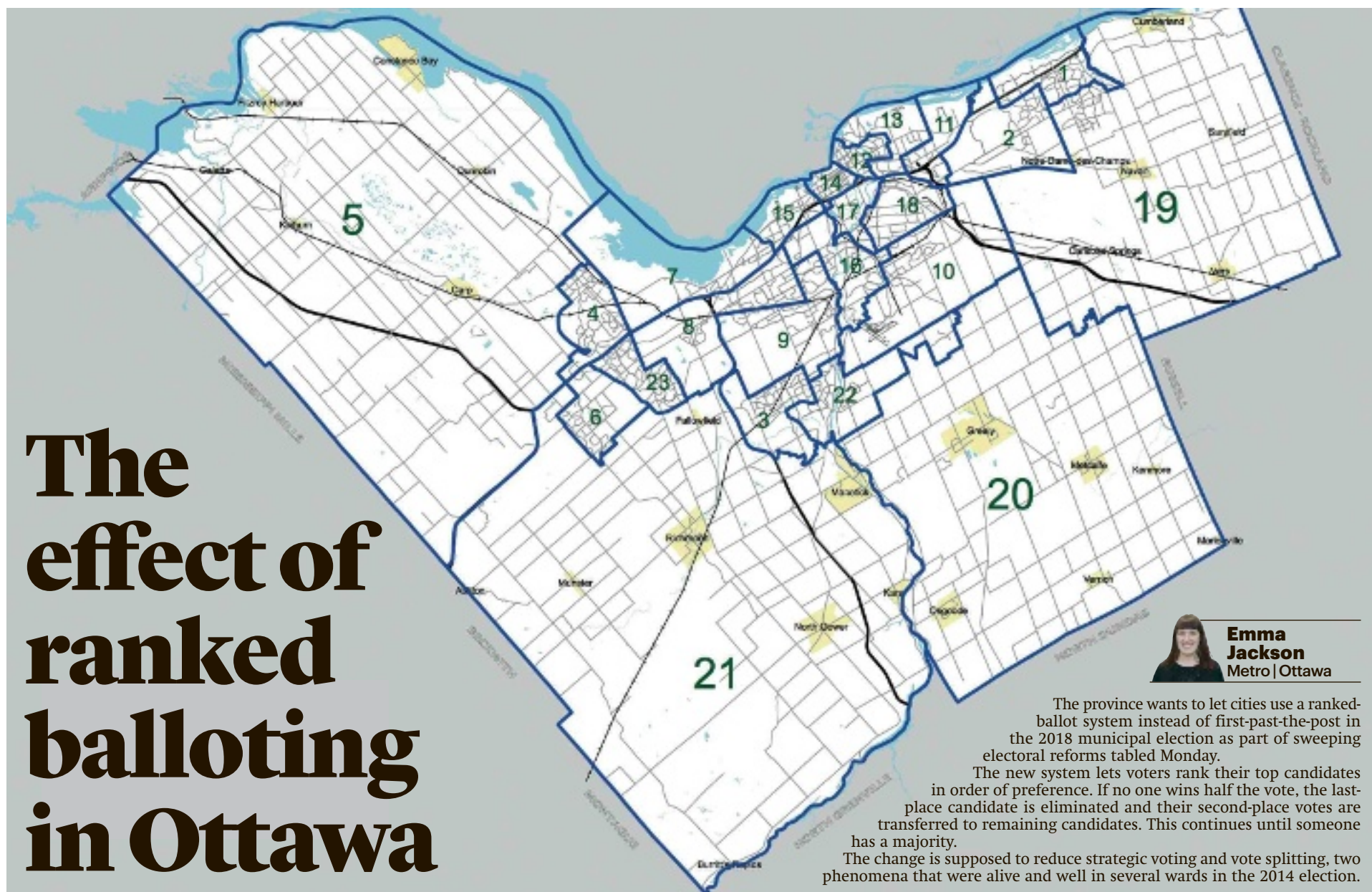
The centre will host consultations April 11, 18 and 25 from 6:30 to 8 p.m. at 221 Nelson St. Community groups can also book individual presentations until mid-May.

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# The effect of ranked balloting in Ottawa

**Emma Jackson**  
Metro | Ottawa

The province wants to let cities use a ranked-ballot system instead of first-past-the-post in the 2018 municipal election as part of sweeping electoral reforms tabled Monday.

The new system lets voters rank their top candidates in order of preference. If no one wins half the vote, the last-place candidate is eliminated and their second-place votes are transferred to remaining candidates. This continues until someone has a majority.

The change is supposed to reduce strategic voting and vote splitting, two phenomena that were alive and well in several wards in the 2014 election.

COURTESY CITY OF OTTAWA

## LESS THAN HALF

- **Ward 2 Innes:** Jody Mitic, 33% (nine candidates)
- **Ward 4 Kanata North:** Marianne Wilkinson, 46.2% (three candidates)
- **Ward 7 Bay:** Mark Taylor, 46.8% (six candidates)
- **Ward 13 Rideau Rockcliffe:** Tobi Nussbaum, 47.2% (six candidates)
- **Ward 14 Somerset:** Catherine McKenney, 40.1% (11 candidates)
- **Ward 16 River:** Riley Brockington, 36.4% (10 candidates)
- **Ward 18 Alta Vista:** Jean Cloutier, 47.4% (nine candidates)
- **Ward 20 Osgoode:** George Darouze, 21.1% (11 candidates)
- **Ward 22 Gloucester-South Nepean:** Michael Qaqish, 38.6% (seven candidates)

## MORE THAN HALF

- **Mayor:** Jim Watson, 76.2% (eight candidates)
- **Ward 1 Orleans:** Bob Monette, 75.5% (three candidates)
- **Ward 3 Barrhaven:** Jan Harder, 75.5% (three candidates)
- **Ward 5 West Carleton-March:** Eli El-Chantiry, 56.9% (five candidates)
- **Ward 6 Stittsville:** Shad Qadri, 60.9% (two candidates)
- **Ward 8 College:** Rick Chiarelli, 70.4% (four candidates)
- **Ward 9 Knoxdale-Merivale:** Keith Egli, 73.2% (two candidates)
- **Ward 10 Gloucester-Southgate:** Diane Deans, 56.3% (seven candidates)
- **Ward 11 Beacon Hill-Cyrville:** Tim Tierney, 82.1% (five candidates)
- **Ward 12 Rideau-Vanier:** Mathieu Fleury, 51.5% (six candidates)
- **Ward 15 Kitchissippi:** Jeff Leiper, 55.4% (five candidates)
- **Ward 17 Capital:** David Chernushenko, 77.4% (three candidates)
- **Ward 19 Cumberland:** Stephen Blais, 78% (two candidates)
- **Ward 21 Rideau-Goulbourn:** Scott Moffatt, 62.3% (two candidates)
- **Ward 23 Kanata South:** Allan Hubley, 84.7% (three candidates)

### TRANSPORTATION

## Hospital tries 'jockey' parking to maximize lots



**Haley Ritchie**  
Metro | Ottawa

The Ottawa Hospital announced Monday it is launching a pilot project to help ease parking congestion.

"At the end of the day we want to make sure we remove

that stress for our patients and visitors," said Renée Légaré, the hospital vice-president who oversees human resources and parking. Légaré said there are often 20 to 30 frustrated drivers circling the lot at the Civic Campus looking for a spot.

"They're stressed enough to come to the hospital and be on time for their appointment. We

want to make sure parking is not an issue," she said.

The solution could be a "jockey" service that the hospital plans to try out in the P2 lot on Ruskin Street, across from the University of Ottawa Heart Institute.

Trained parking attendants, who will keep track of available spaces, will direct visitors to spots and keep track of how long each

car is expected to be parked.

If the lot is full or close to full, staff will direct visitors to park in spaces that block in other cars. These drivers will hand their keys over to attendants in case the car needs to be moved.

Légaré said ideally everything will be organized so cars don't have to be moved by staff, but the system would allow for an

additional 60 spaces inside the 260-space garage.

An experienced third party will manage the pilot project. The hospital will evaluate it over the next six to eight months. The additional parking revenue the extra places will generate will offset the cost of attendants.

Légaré said that while parking will be a consideration when the

Civic hospital is built, the new system could be a long-term solution across the hospital for the next five to 10 years.

"We're going to monitor it very closely," she said.

"All the proposals we received were cost neutral, but we'll only believe it when we see it. There's no intention to increase parking rates."

# New fundraising rules in spring: Wynne

## LEGISLATION

### NDP voices concerns as premier bumps up timeline

Premier Kathleen Wynne promised Monday to introduce legislation this spring to reform Ontario's political fundraising rules, after saying just last week that

the changes would be announced in the fall.

After writing the Progressive Conservative and New Democrat leaders Sunday agreeing to their requests to meet the premier to discuss updating the fundraising rules, Wynne said Monday she was stepping up her plans to deal with the issue.

"Our government plans on introducing legislation, I have said in the fall, but we're going to introduce that legislation in the

spring," she told the legislature.

The opposition parties turned up the heat over the fact Liberal cabinet ministers have fundraising quotas of up to \$500,000 each, using the entire question period to attack the government for holding expensive and exclusive dinners and receptions for lobbyists.

"Setting fundraising targets for cabinet ministers forces them to fundraise from stakeholders with active files within their respective

ministries," said PC Leader Patrick Brown. "It is impossible to avoid that ethical contradiction."

The New Democrats are concerned that Wynne and the Liberals would draft new fundraising rules without any real input from the chief electoral officer, other political parties, academics or the general public. Their concern was made worse Monday when Wynne promised legislation this spring, especially after their "sham" consultations on

## + MEANWHILE

The Liberals introduced legislation Monday to allow Ontario municipalities to ban corporate and union donations to political candidates.

the provincial budget, said NDP Leader Andrea Horwath.

Both the PC and NDP leaders

said they would continue to hold fundraisers in the same manner as the Liberals until the rules are changed, but both agreed they would support the elimination of corporate and union donations.

Ontario will follow the federal lead to ban corporate and union donations, but has called for a transition period, which means most of the reforms won't take effect before the next election in 2018, added Wynne.

THE CANADIAN PRESS

## MUSIC

### Ottawans feeling Dandy Warhols

**Ashley Moffatt**  
For Metro | Ottawa

It looks like Ottawa has more than a few fans of The Dandy Warhols.

So many people wanted to see the band perform on Saturday that they had to move the show from Ritual nightclub to the larger Bronson Centre.

The Portland, Ore.-based band is on tour for their new album, *Distortland*, which is scheduled to be released the day before Saturday's show.

"It's pretty exciting," said the band's guitarist, Peter Holmström. "We were trying to figure out the last time we were in Ottawa. I think it was in 2000. We've played a couple of times, but it's been a while."

The band has also worked out a way to meet even more fans. "We've been doing a V.I.P. ex-

perience during sound check and right after where we get to meet the fans," said Holmström. "It's been really cool for us. We've been able to meet people that wouldn't normally stay after the show."

Holmström said that different cities attract different age groups and energy levels. But overall fans are always really nice and welcoming.

*Distortland* was named after the band's hometown of Portland. The lead singer of the band, Courtney Taylor, named the album. But Holmström has his own theories on the title's origin.

"We've been in Portland for a really long time and we've seen what's happening," said Holmström. "It's become a popular place to move to in the last 10 years. It is not the same place that we grew up in. But it's pretty great in a lot of ways. So to me that's where the distorted part comes."



The Dandy Warhols. CONTRIBUTED

## EDUCATION

### Elementary students to get five hours a week on math

Education Minister Liz Sandals says the province will spend \$60 million to help students improve their test results in math, and some of the money will pay for professional development for teachers who specialize in the subject.


The government wants each elementary school to have up to three lead teachers who have a special interest in math, so they can

share their expertise with their colleagues.

Each lead math teacher will be released from regular classroom duties for five days for professional development.

Sandals says jurisdictions that have better math scores than Ontario spend four to six hours a week on mathematics, so the province's new strategy will include 60 minutes a day, every day, on math.

THE CANADIAN PRESS




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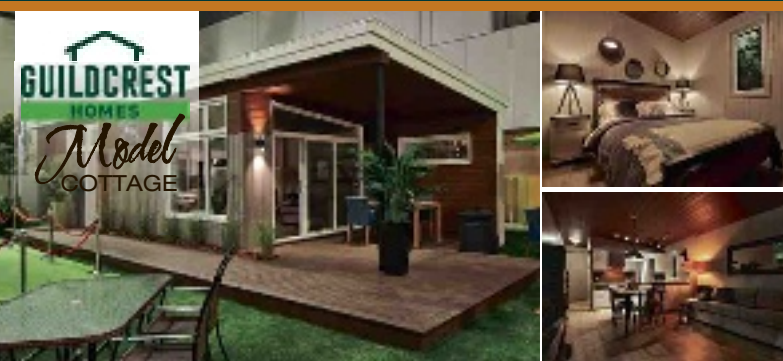
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# Mexican flag waves atop Trump tower

## SOCIAL MEDIA

**'It's Mexicans that built this tower,' worker declares**



**Emily Jackson**  
Metro | Vancouver

A Mexican-Canadian construction worker created an online sensation for flying a Mexican flag from the rooftop of the prestigious Vancouver Trump Tower over the weekend to poke at U.S. Republican presidential candidate Donald Trump.

Port Moody, B.C. resident Diego Reyna put up the Mexican flag in response to Trump's comments about Mexicans being criminals and rapists, according to his Facebook post that was shared over 5,000 times by Monday afternoon.

"It's Mexicans that built this



Diego Reyna hung a Mexican flag at the top of Trump Tower in Vancouver to send Donald Trump a message: "This building is standing here today, thanks to us." TORSTAR NEWS SERVICE

tower. This building is standing here today thanks to us, to our work, our labour," Reyna said in a YouTube video that showcases the view from the swanky, soon-to-be-complete building in Vancouver's finan-

cial district.

"So there's a little present for Mr. Trump, so every time you judge us you can think, who is building your towers? We are."

The construction crew that

built the 63-storey tower — one city councillor called it a "beacon of racism" after Trump suggested banning Muslims from the U.S. — included many Mexican labourers.

"Mr. Trump, we did our best work, your tower here in Vancouver is premium quality, and we were a crucial part of it, not just Mexicans but immigrants as a whole," Reyna wrote, asking people to share his post so it makes it to Trump's newsfeed.

Reyna joins a chorus of more than 50,000 Vancouverites, including Mayor Gregor Robertson, who signed a petition asking developer Holborn to remove Trump's brand from the Arthur Erikson-designed tower.

Holborn CEO Joo Kim Tiah is overseas and could not immediately be reached for comment, but he has previously stated Holborn has contracts with Trump International that cannot be altered.

## CLIMATE CHANGE

# Southern polar bears losing weight

The world's southernmost population of polar bears has already lost significant amounts of body weight after decades of shrinking sea ice with breeding females suffering the most, says new research from the Ontario government.

"They're in poorer condition now than they were in the 1980s," said Martyn Obbard, of the province's natural resources department, one of the co-authors of the paper published by the National Research Council.

For decades, Obbard has been



A bear and her cubs in Manitoba. THE CANADIAN PRESS

studying the roughly 900 bears that live along the northern Ontario coast from James Bay to the Manitoba boundary. Living on the southernmost fringe of polar bear habitat makes them uniquely vulnerable to climate change, he said.

For about 3 decades, the Hudson Bay ice season has been shrinking at the rate of one day a year. That means bears now spend roughly 30 day less on the sea ice than their ancestors back in the 1980s.

THE CANADIAN PRESS

## IN BRIEF

### Panel to help shortlist nominees for banknote

The Bank of Canada has appointed a group of people to develop a short list of Canadian women whose images could appear on a new banknote in 2018.

THE CANADIAN PRESS

### Residential school records can be destroyed: Court

Survivors of Canada's residential school system have the right to see their stories archived, but their accounts must otherwise be destroyed in 15 years, Ontario's top court ruled Monday. THE CANADIAN PRESS

# THERE IS ONLY ONE HARRY.



If spring's arrival is your cue to explore richer hues and bolder patterns, you owe it to yourself to see what's just arrived at Harry Rosen. Take Canali's Spring 2016 Collection, for instance. The brand's trademark razor-sharp tailoring is on full display, and in fabrics and colours that complement the warmer weather while dominating the boardroom. Piqued your interest? One of our clothing advisors would be pleased to show you the collection in person. Or if you prefer, visit us online at [harryrosen.com](http://harryrosen.com), where you can chat, email or book an appointment with an advisor.

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## INVESTIGATION

## Feds to study 'tax gap'

A senator who has crusaded against tax evasion has released recent correspondence from the revenue minister revealing the government's plan to determine how much money Canada loses to tax dodgers.

Revenue Minister Diane LeBouthillier says in a Jan. 20 letter to Sen. Percy Downe that her department will try to estimate the value of Canada's so-called "tax gap," the difference between what is owed in taxes and what is actually collected.

The senator was responding to the leak of 11.5 million records from Panamanian law firm Mossack Fonseca, the authenticity of which the firm has confirmed.

LeBouthillier's letter says Canada will work with the Organization for Economic Cooperation and Development, which uses the tax gap measure to help develop policies that target tax evaders.

But Downe said he won't cheer until the Canada Revenue Agency actually releases data to the parliamentary budget officer so he can begin measuring the gap. Downe said he that's why he plans to table a bill in the Senate next week that would require the government to measure the tax gap.

The Royal Bank said Monday it operates within the law and has policies to prevent tax evasion after reports said it used the Panamanian law firm whose leaked documents are said to reveal the use of offshore tax havens.

The bank said there are legitimate reasons to set up a holding company, but if it believes a client intends to commit a criminal offence by evading taxes, it would report that and not serve the client.

THE CANADIAN PRESS

# A glimpse into how the rich hide their money

## PANAMA PAPERS

## Shell companies used to obscure identities of true owners

A leak of 11.5 million documents from a Panama-based law firm offers a glimpse into the shadowy world where the rich and powerful hide their money, raising sharp questions about the use of shell companies that obscure the identities of their true owners.

Leaders of the Group of 20 — representing about 80 per cent of the global economy — have vowed to crack down on the practice, which is blamed for helping conceal money laundering, corruption and tax evasion.

By themselves, shell companies aren't illegal. Countries have tightened rules on using them — but not enough to satisfy anti-corruption activists.

News organizations working with the Washington-based International Consortium of Investigative Journalists have been processing the legal records from the Mossack Fonseca law firm that were first leaked to the Sueddeutsche Zeitung newspaper based in Munich, Germany.

In reports that began Sunday,

### LEADERS

Among the countries with past or present political figures named in the reports are Iceland, Ukraine, Pakistan, Saudi Arabia, Russia and Argentina.



Police stand by as people protest against Iceland's PM Sigmundur David Gunnlaugsson in Reykjavik Monday. AFP/GETTY IMAGES

they said the document dump that they dubbed the "Panama Papers" shows the hidden offshore assets of politicians, businesses and celebrities, including 12 current or former heads of state.

The law firm said in a statement it observed all laws and international standards covering corporate registrations.

Ramon Fonseca, a co-founder of Mossack Fonseca — one of the world's largest creators of shell companies — confirmed to Panama's Channel 2 that documents investigated by the ICIJ were authentic and had been obtained illegally by hackers. But he said most people identified in the reports were not his firm's direct clients but were accounts set up by intermediaries.

One of the most prominent subjects of the report is Russian President Vladimir Putin, although his name does not appear in the documents. ICIJ said on its website that the documents show how complex offshore financial deals channeled as much as \$2 billion to a network of people linked to Putin.

The ICIJ said the documents involve 214,488 companies and 14,153 clients of Mossack Fonseca.

The data was from 1977 through 2015, the paper said. The newspaper and its partners verified the data's authenticity by comparing it to public registers, witness testimony and court rulings, Obermayer added.

"It allows a never-before-seen view inside the offshore world -

providing a day-to-day, decade-by-decade look at how dark money flows through the global financial system, breeding crime and stripping national treasuries of tax revenues," the ICIJ said.

Panama "is the last major holdout that continues to allow funds to be hidden offshore from tax and law enforcement authorities," said Angel Gurria, secretary-general of the Organization for Economic Cooperation and Development, an organization representing mostly rich countries. It has been working with the G-20 to restrict the use of shell companies.

Reports based on the leak said Iceland's Prime Minister Sigmundur David Gunnlaugsson set up a company called Wintris Inc., in the British Virgin Islands

in 2007 with his partner at the time, Anna Sigurlaug Palsdottir, who is now his wife.

He reportedly sold his half of the company to Palsdottir for \$1 on Dec. 31, 2009, the day before a new Icelandic law took effect that would have required him to declare the ownership of Wintris as a conflict of interest.

Wintris lost money as a result of the 2008 financial crash that crippled Iceland, and is claiming a total of 515 million Icelandic kronur (\$4.2 million) from the three failed Icelandic banks: Landsbanki, Glitnir, and Kaupthing.

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## DEPORTATIONS

## Migrants shipped to Turkey

A controversial European Union plan to stem the flow of refugees began Monday with the deportation of more than 200 people from Greek islands to Turkey, despite concerns over human rights and criticism that Europe was turning its back on refugees.

As dawn broke, buses filled with migrants left under heavy security from a detention centre on the island of Lesbos headed to the port for the short boat ride to the Turkish port of Dikili. More were ferried across from the island of Chios, where riot police clashed hours earlier with demonstrators protesting the

expulsions.

In all, 202 people from 11 nations were sent back. They included 130 Pakistanis, 42 Afghans, 10 Iranians, five Congolese, four Sri Lankans, three Bangladeshis, three from India, and one each from Iraq, Somalia and Ivory Coast, as well as two Syrians who Greek authorities said had asked to be sent back.

Human rights groups expressed deep concern over the operation.

"The returns underway this morning in the Aegean are the symbolic start of the potential disastrous undoing of Europe's

commitment to protecting refugees," said Amnesty International's deputy director for Europe, Gauri van Gulik. "Urgent key questions are: What process is everyone going through and what will become of them after their return?"

Judith Sunderland, acting deputy Europe director at Human Rights Watch, said trying to close the Aegean migration route by shipping people "back to uncertain fates in Turkey" will only make them seek potentially more dangerous and expensive ways to reach the EU.

THE ASSOCIATED PRESS

# Cold-fX makers misled public: Suit

## MEDICINE

### Customers exposed to health risk, documents say

The makers of Cold-fX are in court fighting allegations they ignored their own research and misled consumers about the short-term effectiveness of the popular cold and flu remedy.

Valeant Pharmaceuticals will oppose an application in British Columbia Supreme Court to grant the lawsuit class-action status.

Vancouver Island resident Don Harrison launched his original claim in 2012 against Valeant and its subsidiary, Afexa Life Sciences, over advertising saying that Cold-fX offered "immediate relief of cold and flu" if taken over a three-day period at the first sign of symptoms.

Harrison's notice of claim said Valeant and Afexa continued to "knowingly or recklessly"



Boxes of Cold-fX medication  
THE CANADIAN PRESS

promote Cold-fX despite evidence the natural-health product only had a possible positive impact after being taken daily for prolonged periods of two-to-six months.

Valeant also unnecessarily exposed its customers to a health threat by distributing a useless drug with a risk of adverse side effects, he said.

In a statement, the Laval, Que.-based company said it denies the accusations being made against it and will fight the application for class-action certification.

"Valeant believes the suit is without merit and is vigorously defending this matter," read the document. None of the allegations have been proven in court.

Afexa is the original manufacturer and licence holder of Cold-fX and was bought by Valeant in 2011.

Harrison's lawyer John Green also alleged Valeant and Afexa kept quiet about an internal study conducted in the early 2000s that contradicted the health claims around Cold-fX.

"The defendants knew at least as early as 2004, when they had a study done themselves, that Cold-fX might be even less effective than a placebo," he said.

"The study actually showed the placebo to be more effective at relieving (some) cold symptoms than Cold-fX."

The study found the product effectively reduced the severity of a runny nose during the early days of a respiratory infection, but that it had limited efficacy in treating other symptoms, particularly a cough and stuffy nose.

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**ELECTRIC CAR TESLA ORDERS STILL RIDING** A sales rep, left, helps a customer pre-order the Tesla Model 3, in Santa Monica, California, on March 31, 2016. Tesla Motors' CEO Elon Musk says worldwide orders for a new lower-priced electric car hit 276,000. Musk posted the number Sunday on his Twitter feed. He says if the trend continues orders will hit 500,000. Tesla's new Model 3 starts at \$35,000 and has a range of 215 miles per charge. Customers must put down \$1,000 to order the cars, which go on sale in late 2017. AFP/GETTY IMAGES

## AIRLINES

### WestJet could see lawsuit over alleged harassment



A WestJet plane in Richmond, B.C. THE CANADIAN PRESS

A former WestJet flight attendant already embroiled in a legal dispute with the airline has launched a second lawsuit, accusing the company of fostering a corporate culture that tolerates harassment against female flight attendants and silences alleged victims.

Mandalena Lewis said she decided to file the latest lawsuit, potentially a class-action case, after former colleagues came to her with stories of workplace harassment when her initial complaint became public.

"The common denominator was definitely fear. They were

afraid to say anything for fear of losing their jobs, which is really sad and just shows there's a bigger problem that needs to be addressed," Lewis said. "It's 2016 and we are still facing a huge injustice in our workplace environment. To say that WestJet has failed to create and maintain

a safe work environment is incredibly accurate."

She launched a separate suit against WestJet earlier this year over allegations the airline didn't take proper action after she reported being sexually assaulted by a pilot while on a stopover in Hawaii. THE CANADIAN PRESS

## market minute

\$	<b>DOLLAR</b>	76.50¢ (-0.34¢)
TSX	<b>TSX</b>	13,336.15 (-104.29)
OIL	<b>OIL</b>	\$35.70 US (-\$1.09)
GOLD	<b>GOLD</b>	\$1,219.30 US (-\$4.20)

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## METRO POLL

# Do you rock with the Junos?

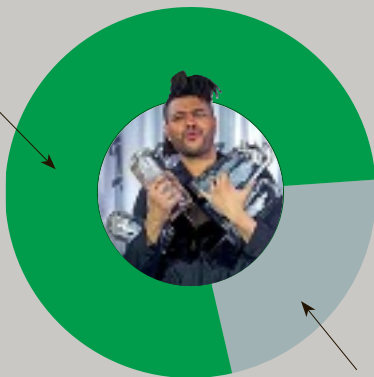
### Glitz and fame or kitsch and shame?

The Juno Awards ceremony aired on Sunday. While some Canadians say the show provides our homegrown music industry with a much-needed injection of glamour, others think it's an unconvincing and ultimately embarrassing attempt to be something that we're not. We asked for your take, and your indifference to the event came through loud and clear.

## 1 Did you watch the Junos on Sunday?

78%

Yep, I definitely tuned in



22%

I most certainly did not

## 2 What do you think of the Junos, generally?

- 44% Don't care. We're talking about an awards show. Yawn.
- 31% Love them. Let's celebrate our world-class talent!
- 25% Can't stand them. Just a poor facsimile of the Grammys.

### WE ASKED Metro readers

Honestly, I thought it was one of the better Juno shows in years.

Didn't watch. The Walking Dead was on at the same time.

Why watch celebrities pat each other on the back for hours on end?

I watched because I prefer Canadian culture to that c\*\*p that comes from the U.S.!

I paid \$500 for two tickets a few years ago and it was drab. I expected Hollywood lol! It was not.

I tend to be most interested in classical music and jazz. There's too little coverage of that to interest me in most music awards shows.

visit [metronews.ca](http://metronews.ca)  
HAVE YOUR SAY

# In wrangling Uber, city shouldn't ditch public

## COLLINS' CAPITAL

Steve Collins



Buckle up. It could be a wild ride as changes to city rules for taxis and "Private Transportation Companies" (that'd be Uber) go from zero to 60 in three months flat.

Last spring, even while slapping Uber drivers with fines for violating last century's taxi bylaws, city staff, with an assist from KPMG, started trying to untangle the regs for the realities of this one.

The result: a proposed shakeup of the taxi and limo regime, as Uber and its future competitors are pulled into the regulatory tent, debuted at city hall last Thursday.

From there the new rules zip right along to committee this Thursday, to city council April 13 and, assuming they pass those votes, then into effect June 30.

Many of the measures seem even-handed. No matter who's in the driver's seat, they'll need to carry the same \$5 million worth of insurance, get criminal and driving-record checks and submit to vehicle inspections.

Logically enough, this attempt to level the playing field involves adjusting the level of fees and regulation for taxis (less of both) and for PTC's (at least some of each).

As soon as the proposals landed last week, we immediately heard from the vested interests — taxi companies and drivers (emphatically not thrilled) and Uber (exceedingly noncommittal) — ahead of the "stakeholder consultations" that the city has promised to conduct with them right away.

But that level of attentiveness declines considerably for the average customer, who can't afford contributions to councillors' election campaigns or lobbyists to defend

their interests.

The city's taxi report makes regular reference to the public interest, rightly noting that taxis are an adjunct to our public-transportation network and that companies like Uber offer healthy competitive spurs to price and service: "The public wants both options — they want choice — and they want adequate protection."

OK, fine. But when does the public get to let council know what else they might want?

Unless you've got the time to hop down to city hall Thursday morning and get on the delegate list for your five minutes' say, your opportunity to be heard is limited at this stage. After that, it goes to full council, which is, as a rule, too busy to hear directly from mere citizens.

The history of taxi regulation here shouldn't inspire unqualified public confidence. A small thing like the pro-

posed elimination of a \$1.50 surcharge for paying your taxi fare by credit or debit, for example, seems entirely reasonable until you ask why it was being charged in the first place. When the fee can be dropped so easily, it's hard to conclude it was anything other than a chiselling cash grab.

The city's taxi report recognizes it may have to revisit certain decisions after the rubber hits the road, but how much trouble could they avoid with a closer listen to those who hail cabs and summon Ubers?

At least, no matter what unexpected hassles emerge from the big shift on June 30, OC Transpo will get you around all day July 1 for free.

Happy Canada Day.

Steve Collins lives in Ottawa. He might also be the guy behind you on the bus, pretending not to notice you're reading this. Act casual.

## ROSEMARY WESTWOOD

### metroview

# Panama Papers unite the world in an era of economic separation

Equal proximity.

That is what I have, and you have, along with people in Mexico, Indonesia, Pakistan, or Australia, to the revelations of the Panama Papers.

The massive leak of documents from a secretive Panamanian law firm exploded into the news cycle on Sunday. Since then, citizens in 78 countries have been learning how tax havens are impoverishing their nations while enriching the already rich.

An incredible 107 news organizations around the world collaborated on these documents in a yearlong investigation. The number of journalists on the project was 376. So editors at each participating outlet would have seconded an average three journalists, for a full year, to investigate the document's leads.

In an age of global media belt-tightening, where investigative journalism is increasingly too costly for some, that is significant. It says something about the scope and impact of global income inequality that this is a massive story right around the world.

I've balked at the rhetorical transformation of "citizens" into "taxpayers." It puts too much emphasis on how much we pay out; too little on how much we help each other. It trivializes our shared communities, in favour of elevating individual pet peeves.

But as these documents show, we're not even all tax-

payors. Any Canadian can legally set up a shell company in a tax haven and avoid paying a fair share of their wealth. The practice is both legal and abominable. It's costing Canadians an estimated \$6 billion a year. And our outrage is shared by people in other nations, reading their own localized version of the same story.

"The Panama Papers: Secrets of the Super Rich" ran the ABC network's special program in Australia. "Foreign deals of Kenya's big names exposed" ran a headline in Kenya's the Daily Nation.

There were headlines in the German newspaper Süddeutsche Zeitung, Rede TV in Brazil, Proceso in Mexico, Tempo in Indonesia, the Miami Herald and Alalam Al-jadeed in Iraq. It would take a whole column just to name all the collaborators.

Under each headline, the same basic story: how secret financial practices undermine confidence, to whatever extent it exists in each nation, in the idea that we are all treated equally by government.

An especially cynical colleague doesn't think this gargantuan journalistic effort will bear much fruit. And it's true that the very rich have always played with a different set of cards. But perhaps we are in a new era of globalized outrage over income inequality? And maybe, on the wave of that outrage, we can change some of the rules of the game.

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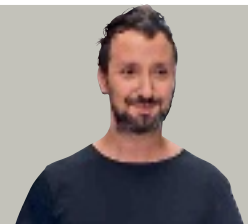


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## ‘Nobody likes being a cog in the machine’

### SMARTER BETTER FASTER

#### Author says feeling in control boosts productivity

**Megan Haynes**  
For Metro Canada



As he raced to finish his first book, *The Power of Habit*, author Charles Duhigg felt like he was stuck on a treadmill of emails. “It felt like the harder and faster I was running, the farther behind I was falling,” he says. “Working harder and making bigger sacrifices didn’t get me out from underneath the avalanche.”

While that wasn’t a pleasant experience, it did inspire his next book about productivity, *Smarter Faster Better*.

Metro spoke with him about why control is important for motivation, tips to filtering out distractions and why being productive doesn’t mean being more efficient.

#### How are productive people better at getting things done?

The most productive people tend to tell themselves a story about what’s going on as it goes on. They spend 10 minutes each morning visualizing what’s going to happen each day. So when they’re in a situation where they have to decide “should I pay attention to this or should I ignore it?” it’s easy for them to make that decision because they have some story in their head about how their day is supposed to go, whereas the rest of us just react.

#### What can nursing homes



“**It’s not about being busier. It’s about making better choices.**”

Charles Duhigg on enhancing productivity

#### and the concept of control teach us about motivation and productivity?

There was a question researchers asked in the 1980s: Why (do) some people move in to nursing homes and lose all motivation, essentially waiting to die, (while) others started exercising more, eating healthily and maintaining relationships with friends?

Those who were motivated to live would almost go out of their way to break the rules. (At this one nursing home) where everyone had an assigned meal,

this one group of residents would trade all their food. This one guy loved chocolate cake, but instead of eating the cake he got every night, he would trade it for a fruit or a brownie. He said “I would rather eat a meal of my own design than eat the best chocolate cake that was forced on me.” That’s why this group of residents could motivate themselves. They kept looking for choices to prove they were still in control of their own lives. When you’re in your office inundated with emails and you feel like you just have

to hit “reply, reply, reply,” finding some way to prove you’re still in control — some choice you can make — that’s how you spark motivation.

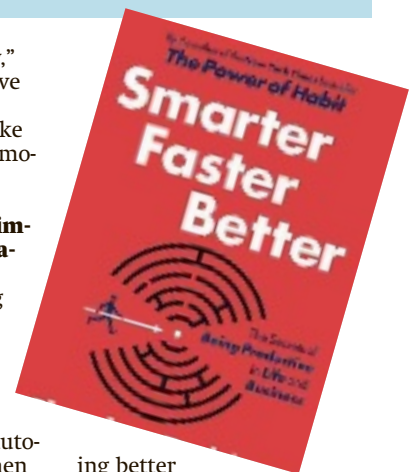
#### Why is control such an important factor in motivation and productivity?

Nobody likes being a cog in a machine. That’s one of the things that’s happened in the last 30 years we’ve often times mistaken efficiency for productivity. The more automatic we can make it, then that must mean it’s more productive. The busier I am, the more productive I am.

It’s actually the opposite: the more I can think “what’s the right way to spend my time? Do I have control over the choices I’m making?” that’s where productivity comes from. It’s not about being busier. It’s about making better choices.

ing better choices.

Is productivity getting your kids to school as fast as possible so you can get to your desk and start getting work done? Or is it having the time to walk with your kids to school so you’re more relaxed. (You have to define) what is productivity to you.



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THIS WEEK: *Maintaining Your Oral Hygiene Habits While Travelling*

# Sit, stand, repeat for a leg up in good health

## MOVEMENT

### This fun and simple exercise has many benefits

**YuMee Chung**  
Torstar News Service

We all know the importance of staying fit, but did you know that doctors are now saying that your level of musculoskeletal fitness is a strong predictor of longevity?

This seemingly simple exercise based on the sitting-rising test designed by Brazilian physician Claudio Gil Araujo. It's a decent measure of flexibility, balance and strength and a graceful way to get up and down from the ground.

#### Get Up, Stand Up

1. Begin in a seated position on the floor with right ankle crossed snugly in front of left and the feet within inches of each other.

2. Attempt to stand up without using the hands for support. Start slowly and be prepared to put a hand down if you lose your balance.

3. Keep the ankles crossed as you lower yourself back down to a seated position.

4. Switch sides.

5. If you stood easily, without losing your balance, try this more challenging version: step the soles of the feet down on the ground with the inner big toes touching. Think standing feet.

6. Attempt to rise without using the hands for support. You will need to widen the knees away from your midline, reach your arms out in front, and rock your weight

forward to gather a little momentum for this challenge. Again, be prepared to catch yourself.

7. Lower yourself to a seated position without moving your feet.

8. Switch sides.

Do this exercise on a regular basis to maintain mobility, coordination and muscle



strength, and to decrease the risk of dangerous falls as you move into your golden years.

Sit. Rise. Repeat.

According to a study by Brazilian physician Claudio Gil Araujo published in the European Journal of Cardiovascular Prevention, a simple test called the sitting-rising test (or SRT) can predict your chances of dying an early death.

Offering an explanation for the close correlation between the test scores and survival, Dr Araújo said: "It is well known that aerobic fitness is strongly related to survival, but our study also shows that maintaining high levels of body flexibility, muscle strength, power-to-body weight ratio and co-ordination are not only good for performing daily activities but have a favourable influence on life expectancy."

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

## BABY BOOMER HEALTH

### Risky actions not the cause of Hepatitis C peak: Study

Canadian researchers have determined the peak of the hepatitis C epidemic in North America occurred about 15 years earlier than previously believed, suggesting it wasn't youthful indiscretions that put baby boomers at risk.

And that means, say researchers, that all those who belong to the post-Second World War generation should be screened for the potentially deadly infection, which can take up to 50 years to manifest symptoms.

An estimated 300,000 Canadians are infected with hepatitis C, with baby boomers — the generation born between 1946 and 1964 — making up about 75 per cent of cases. Over time, hepatitis C can severely scar the liver, leading to cirrhosis, and is a known cause of liver cancer as well as liver failure.

It was long thought that boomers who were infected with the blood-borne virus likely contracted the disease in their late teens or early 20s, due to such risky behaviours as IV drug use or sexual experimentation.

But a study by B.C. researchers found the peak of the hepatitis C epidemic occurred about 1950, when many baby boomers

## + STIGMA

Dr. Julio Montaner suggested stigma associated with hepatitis C — arising from the belief the infection was contracted due to IV drug use or "rough sex" — has been misplaced.

were young children, and had plateaued by 1960.

"The spread of hepatitis C in North America occurred at least 15 years earlier than it was suspected before, and if that is the case, the baby boomer epidemic ... cannot be explained by behavioural indiscretions on the part of the baby boomers," said co-investigator Dr. Julio Montaner, director of the BC Centre of Excellence in HIV/AIDS. "We suspect that this is more likely attributable to medical practices at the time," said Montaner, explaining that hepatitis C hadn't yet been identified and injections and blood transfusions were given using reusable glass-tube syringes and metal needles, which were subject to contamination despite boiling. THE CANADIAN PRESS

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**JOHANNA SCHNELLER**  
**WHAT I'M WATCHING**

# Brother-sister bond explored

**THE SHOW:** *Casual*, Season 1, Episode 1 (Crave/Hulu)  
**THE MOMENT:** The opening scene

Valerie (Michaela Watkins) and Alex (Tommy Dewey), brother and sister, are at their father's funeral, talking smack.

"Her husband tried to kill himself last year," Valerie says about one woman.

"That makes sense," Alex responds, then gestures to his dad's corpse. "He'll be forgotten in a week." He wakes with a start. It's just a dream.

Later, Alex — a louche bachelor who's created a dating site — relates the dream to Valerie, a psychiatrist who recently separated from her husband and moved into Alex's house with her teenage daughter. "Everyone's so awful, it's impossible not to sh\*t on them," Alex says.

Valerie's equally damaged. When Alex urges her, "Go be with somebody," she replies, "I don't know if I can."

As they say in screenwriting, Theme Stated. In a few swift scenes, we know exactly what this series, from creator Zander Lehmann and producer Jason Reitman, is about: A relationship that's rarely explored on screen (brother/sister) is the only one these two can manage. We'll watch for its snappy one-liners — "They're like Eyes Wide Shut on minimum wage" — and to see if the two leads will soften and grow.

Also interesting: Cynicism and unlikeability used to be the purview of film, while half-hour sitcoms were populated by fluffy characters we chuckled with. The proliferation of streamed TV (Hulu, Amazon, Netflix, et al) is changing that faster than you can say Flaked, You're the Worst, Hello Ladies... et al.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

# 'No bad feelings' actress says after quitting show

**TRAILER PARK BOYS**

## DeCoutere says cast and crew are still her friends

Former Trailer Park Boys actress Lucy DeCoutere insists she remains friends with the cast and crew of the show she has resigned from despite saying her departure was linked to the arrest of a co-star in the U.S.

DeCoutere announced her resignation on Twitter on Saturday and said it was connected to one of the show's principal actors being charged with misdemeanor domestic battery a day earlier.

A publicist for the Trailer Park Boys, however, report-

edly said DeCoutere told the show's producer a few weeks ago that she would not be returning next season.

Late Sunday night, DeCoutere said it had been an "extremely tough" weekend.

"The TPB cast and crew are still my friends and there are no bad feelings between us," DeCoutere tweeted before adding, "I am floored by the hundreds of derogatory, cruel and heartless messages I've read. For those who are being kind? Rock on! You make TPB fun."

DeCoutere has become a well-known figure across the country after testifying against former CBC broadcaster Jian Ghomeshi at his sexual assault trial. He was found not guilty.

DeCoutere's co-star, Mike Smith, who played the character Bubbles on the cult com-



**Mike Smith, centre, better known as Bubbles from the Trailer Park Boys, poses with John Paul Tremblay, as Julian, left, and Robb Wells, as Ricky.** THE CANADIAN PRESS FILE

edy show, was arrested in Los Angeles on Friday, booked on suspicion of misdemeanor domestic battery and released hours later on bail.

He denied any wrongdoing in a written statement, saying the woman involved in the incident was a friend of his with whom he had a "loud and heated dispute."

In the same statement,

which was issued by the Trailer Park Boys, a woman who says she was described as the alleged victim also denied the police allegations.

After news of Smith's arrest surfaced, DeCoutere tweeted: "If I find out that somebody is abusive, I cut them out of my life" and then announced she was leaving the show.

THE CANADIAN PRESS



**I am floored by the ... cruel and heartless messages.**

Lucy DeCoutere



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# Pity prizes up for grabs

NHL

## Senators left playing for pride, personal milestones

With the playoffs a distant memory, the Ottawa Senators will have to settle for individual milestones and team pride as motivation for their final three games.

The Senators host the Pittsburgh Penguins Tuesday, Florida Panthers Thursday and wrap up the season in Boston Saturday against the Bruins.

"There's plenty around to play for," said forward Bobby Ryan. "There's always individual reasons, but as a team I think we want to finish strong so that even though you're leaving on a low note you can have that last week to look back on and feel better about yourselves and hope that it takes a little of the sting away throughout the summer."

Playing the games will be the easy part this week. It's off the ice that players will be asked about missed opportunities, falling short of expectations and looming changes.

"People talk about the motivation factor, but the moment you get out there you don't realize you're not in the playoffs," Ryan said. "You never think that. The athletic element kicks in, the competitive nature that's in the room kicks in so the moment you get out there you forget."

Some players are close to significant milestones. Mike Hoffman needs just two goals to hit



Despite his team's struggles this season, captain Erik Karlsson is poised to become the first defenceman since the 1985-86 season to finish in the top five in league scoring. MIKE CARLSON/GETTY IMAGES

the 30-goal mark for the first time in his career, while Zack Smith needs three to hit 25 for the first time.

Mark Stone is three points shy of tying his career-high of 64, while Mika Zibanejad is one goal away from his second consecutive 20-goal season.

Defenceman Erik Karlsson will finish off another fine individual season. The Senators cap-

**“It's an opportunity for guys to step up and play different roles and show what they've got.”**

Chris Neil

tain sits fourth in league scoring with 15 goals and 79 points, and should Karlsson remain in the top five he would be the first defenceman to finish that high since Paul Coffey in 1985-86.

Karlsson is also poised to lead the Senators in scoring for the third straight season. Denis Potvin is the only other defenceman to do that, pacing the New York Islanders from 1973-74 to

1976-77.

"It's always fun to see other teammates hit personal goals," said Smith. "At the same time it's a slippery slope too. You want to make sure you're doing the right things just to win the game, it's still the most important part, but if you can help a teammate get to that goal he's looking for then that's a pretty good feeling."

THE CANADIAN PRESS

CURLING

## Canada sitting pretty at worlds

After a frustrating opening weekend, Canada has found its groove at the men's world curling championship.

Kevin Koe's Calgary rink improved to 5-0 with a pair of convincing wins Monday, a 5-3 victory over Scotland and a 9-2 rout of Japan.

The two comfortable performances in Basel, Switzerland, should do wonders for Canada's confidence after a pair of shaky extra-end wins on Sunday, especially with an early match coming against Germany on Tuesday morning.

"Obviously we played well tonight," said team coach John Dunn. "And we're in the middle of this three-games-in-a-row stretch right now, so any time you get the opportunity to shake hands early and get to bed early, and with our first morning game tomorrow, the timing of this is pretty good."

Canada's win over Japan, coupled with the United States' surprising 8-3 rout of defending champ Sweden, left Koe's rink alone atop the round-robin standings after eight draws.

Norway and Sweden were tied for second at 4-1, with Denmark, the U.S., and Japan in fourth at 3-2.

Glenn Howard won Canada's last title in 2012.

THE CANADIAN PRESS

OFFSHORE ACCOUNTS

## Messi subject of Spanish tax probe

Spanish tax authorities say they are investigating allegations of tax irregularities involving soccer player Lionel Messi after documents released by an international probe of offshore accounts.

Messi's family released a statement Monday denying wrongdoing and threatened to sue media outlets that released the information linking the Argentine player to accounts in Panama.

Last year, Spanish author-



Lionel Messi  
GETTY IMAGES

ities charged Messi and his father with three counts of tax fraud for allegedly defrauding Spain's tax office of 4.1 million euros (\$4.4 million) in unpaid taxes from 2007-09. They will stand trial in late May and face nearly two years in prison if found guilty. THE ASSOCIATED PRESS

### IN BRIEF

#### FIFA judge faces ethics investigation

A FIFA judge who helped ban Sepp Blatter for financial misconduct is now under investigation by his ethics committee colleagues after being named in an international probe of offshore accounts.

The FIFA ethics prosecution chamber said Monday that it "opened a preliminary investigation to review the allegations" linked to lawyer Juan Pedro Damiani of Uruguay.

THE ASSOCIATED PRESS

NHL

## Surgery removes Stamkos' blood clot

Tampa Bay Lightning captain Steven Stamkos has had surgery to remove a blood clot from near his right collarbone and is expected to miss one to three months.

The two-hour procedure was performed Monday by Dr. Karl Illig in Tampa.

Illig said in a statement released by the team: "Everything went as expected

for Steven. We plan to re-evaluate him in about two weeks and we should know more about his prognosis at that time."

Lightning general manager Steve Yzerman announced Saturday that Stamkos had tingling and swelling following a game Thursday and it was determined that

he had vascular thoracic outlet syndrome. THE ASSOCIATED PRESS

**36**

**Stamkos has 36 goals and 64 points in 77 games this season.**

### MORE SPORTS

Go to [metronews.ca](http://metronews.ca) for coverage of the women's world hockey championship gold-medal game between Canada and the U.S., the Blue Jays' game at Tampa Bay and the NCAA men's basketball championship final.



RECIPE Blueberry Coconut Stuffed French Toast



PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh For Metro Canada

Treat yourself to a decadent breakfast-for-dinner tonight.

Ready in Prep time: 10 minutes Cook time: 10 minutes

- Ingredients
- 6 Tbsps mascarpone cheese
  - 2 tsps fresh lemon juice
  - 1/4 tsp zest of lemon
  - 1 tsp coconut sugar (or regular)
  - 1/2 cup fresh blueberries, pureed
  - 4 slices thick multi-grain bread or challah
  - 4 eggs
  - 1/2 cup of coconut milk
  - 2 tsps vanilla extract
  - 1/4 tsp unsweetened coconut flakes for garnish
  - fresh blueberries for garnish
  - maple syrup
  - butter for pan

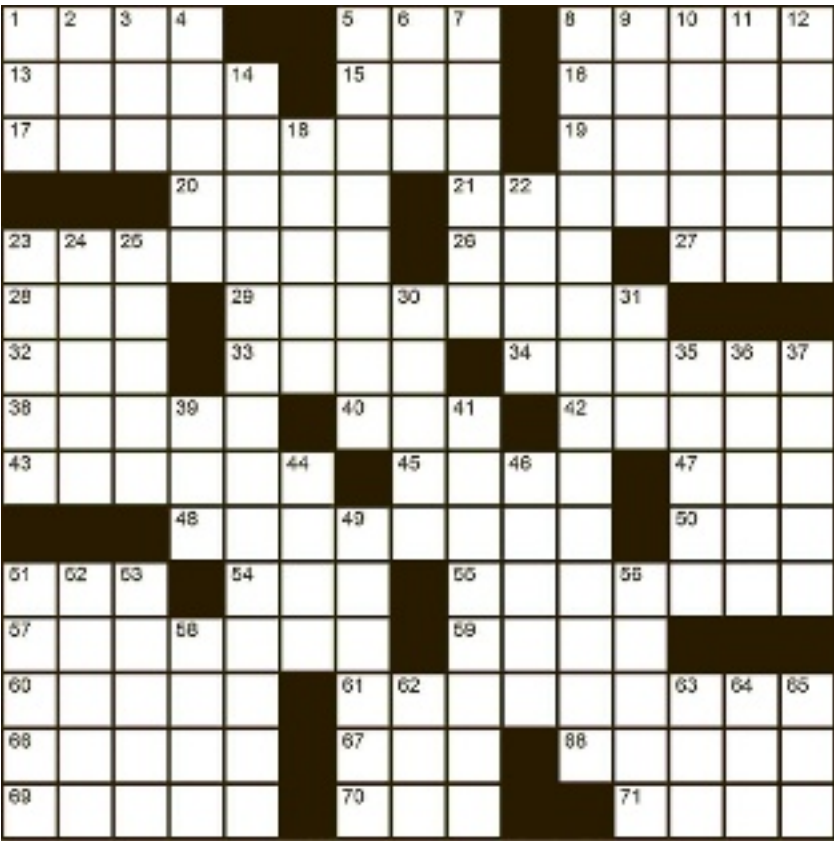
Directions 1. In a bowl mix the mascarpone

- cheese, lemon juice, zest and sugar. In a blender puree the blueberries. Stir the blueberry mixture into the cheese mix.
2. In a bowl that you can sink your bread into, whisk the eggs, milk and vanilla. Set aside.
3. Take a thick slice of bread, cut it in half and, down the center of the slice to nearly the other corner, cut a pocket. Take a tablespoon or so of the cheese mixture and fill the pocket. Dunk the 1/2 slice into the egg mix, flipping to fully coat. Continue until you've filled and dunked all the triangles.
4. Place slices in a warm frying pan that you've coated with a tablespoon of butter. Cook on both sides until golden brown. Remove from pan and serve with blueberries, sprinkle of coconut and maple syrup.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down BY KELLY ANN BUCHANAN

- ACROSS
1. Podium
5. Green Gables home, commonly
8. Baltimore NFL player
13. \_\_\_ nothing
15. Ms. Rand
16. Express a thought
17. Like a movie with Oscar-winning stars
19. Stupefy
20. Italian car
21. Approximate
23. Move onward
26. Long-snouted fish
27. Bashful
28. Flyer to a flower
29. 'On the Edge of Everywhere' port town in Nova Scotia
32. Friend: French
33. Through
34. 1982 Robin Williams movie character based on the John Irving novel, \_\_\_
38. Polynesian archipelago kingdom
40. Wood cutter
42. Irish actor, Milo \_\_\_
43. Some written works
45. Bank dealing
47. Ms. Miller
48. TV show backers
50. Born, in bridal bios
51. Tree chopping
54. Fleuve's flower
55. Cracks the



- cipher
57. Hangar hang-out
59. Farm fabrication
60. Shut-eye
61. Do this a little in the Trooper song: 2 wds.
66. Relating to

- bristles
67. Lodge
68. \_\_\_ Coyote
69. Pontificate
70. 'Yes' at sea
71. Detect

- DOWN
1. Stealing bird
2. Ginger drink
3. \_\_\_-defined (Vague)
4. Syllable-singing system
5. Designs
6. Blinker
7. Canadian book-

- store
8. Canadian invention in the workshop since 1908: 2 wds.
9. Acme
10. Some charge cards
11. Cain's biblical son
12. Mesh-like

14. Gordon Lightfoot song that seems fitting for April's weather: 3 wds.
18. Chocolate source
22. Seagoing, shortly
23. Slacken
24. Audition tapes
25. Leaf's lines
30. Servings of food
31. Sci-Fi writer Mr. Wells, et al.
35. "Can you give me \_\_\_?" (I need some help here)
36. Ms. Zellweger
37. Window parts
39. Motorist's purchase
41. \_\_\_ Racetrack (Venue of the Queen's Plate every summer in Toronto)
44. Glide
46. Spheres
49. Beaver-like rodent called a 'river rat'
51. Rodeo rope
52. Edmonton NHL player
53. Film legend Ms. Garbo
56. "Union's been on strike / He's down \_\_\_ luck ...it's tough, so tough." - Bon Jovi
58. \_\_\_ moss
62. "Well, in \_\_\_ event..."
63. "Lucky Man" gr.
64. Mr. Tolstoy
65. Allow

★ IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20 Today you feel down-to-earth about life. You want to approach practical projects in a tangible way. Nevertheless, this is a poor day for important decisions or major purchases.

**Taurus** April 21 - May 21 Behind-the-scenes research might reveal something useful for you today. Listen to the advice of others, especially those who are older or more experienced.

**Gemini** May 22 - June 21 In discussion with groups and friends, someone will have some practical advice for you. Quite likely, this person is older or more experienced. Nevertheless, postpone important decisions until tomorrow.

**Cancer** June 22 - July 23 You will impress people in power today because they see you as reliable, conscientious and practical. However, this is a poor day to volunteer for anything or to agree to anything important. Wait until tomorrow.

**Leo** July 24 - Aug. 23 You can accomplish a lot of studying or learning something new because it's easy to concentrate today. A teacher or guru-like figure might impress you.

**Virgo** Aug. 24 - Sept. 23 Do your homework today to tie together loose ends regarding inheritances, taxes, debt and insurance issues. Nevertheless, this is a poor day for important decisions.

**Libra** Sept. 24 - Oct. 23 Discussions with partners and close friends will be practical and concern long-range plans for the future. Just kick these ideas around, because you should postpone important decisions until tomorrow.

**Scorpio** Oct. 24 - Nov. 22 You will accomplish a lot at work today because you find it easy to concentrate and pay attention to detail. You won't even mind doing routine tasks. Bravo!

**Sagittarius** Nov. 23 - Dec. 21 Children might be a serious responsibility today. This is also a good day to deal with practical applications for creative projects.

**Capricorn** Dec. 22 - Jan. 20 A family discussion with partners and one older might be helpful today. This person might choose to offer you assistance.

**Aquarius** Jan. 21 - Feb. 19 You're in a serious frame of mind today, which is why you are willing to do routine tasks that help you feel better organized. This is also a good day to study new subjects and learn something.

**Pisces** Feb. 20 - March 20 You're in the frame of mind to make financial plans for the future. That's fine. Do your homework. But postpone important purchases and important decisions until tomorrow.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

9				2				7
			9		6			
	5	1				2	3	
	9			1			8	
7								5
	6			8			7	
	4	5				7	9	
			1		8			
1				5				2

As Seen In Metro!

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to [metronews.ca/games](http://metronews.ca/games)

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